Physical Therapy Guidelines

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|  | Preop PT | Postop PT | NEEDS PT SCHEDULED BY CM |
| Toe surgery or metatarsal surgery (ie: bunion, hammertoe, lapidus, weil osteotomy, toe tendon transfers | No | No |  |
| Midfoot surgery (midfoot fusion, resection, osteotomy) | No | No |  |
| Hindfoot fusion (subtalar fusion, ankle fusion, | No | 12 weeks |  |
| Flatfoot or Cavus foot reconstruction | No | 6 weeks |  |
| Tendon transfers – general | No | 6 weeks |  |
| Ankle Scope/Brostrom | No | 2-3 weeks |  |
| Achilles tear | No | 2-3 weeks | x |
| Ankle replacement | No | 3 weeks | x |
| Knee Scope | No | Postop day 1, 2, or 3 | x |
| TKA | Yes | Yes – Standard | x |
| THA | Yes | Yes - Standard |  |